

## **RED CROSS LEARN TO SWIM CLASSES**

### **For Children Age 4 and Over**

*(Participants Per Class: Min: 5; Max: 9)*

- Participant must be the required age by the first day of class.
- Participant may not make up classes which have been missed.
- All classes will have a short safety presentation, as required by the American Red Cross.

#### **LEVEL 1**

##### **Introduction To Water Skills**

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and enjoy the water safely. Level 1 includes elementary water skills and participants start developing positive attitudes, good swimming habits, and safe practices in and around the water.

#### **LEVEL 2**

##### **Fundamental Aquatic Skills**

Purpose is to give students success with fundamental skills. This class marks the beginning of locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back and lay the foundation for future strokes.

#### **LEVEL 3**

##### **Stroke Development**

Purpose is to build on the skills in Level 2 through guided practice. Participants will learn survival float, swim front crawl and elementary backstroke. Participants will be introduced to the scissor and dolphin kick and build on the fundamentals of treading water.

#### **LEVEL 4**

##### **Stroke Improvement**

For students who have passed Level 3 or can demonstrate proficiency in Level 3 skills. Participants will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Participants add the arms to the scissor kick for the sidestroke. Participants will also learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

#### **LEVEL 5**

##### **Stroke Refinement**

For students who have passed Level 4 or can demonstrate proficiency in Level 4 skills. The objectives of this level are coordination and refinement of all the strokes. Flip turns on the front and back are also introduced.

## **PARENT-TOT**

(6 Months - 3 Yrs. Old) 30 minute class  
American Red Cross parent and child aquatics familiarizes young children to the water and prepares them to learn to swim. This course gives parents safety information and teaches techniques to help orient their children to the water.  
*(Participants Per Class: Min: 3; Max.: 8)*

## **PRESCHOOL**

(3-4 Yrs.) 30 minute class  
Preschool aquatics, consisting of three levels, is an integral part of the overall Red Cross instructional aquatic and water safety program. This course promotes developmentally appropriate learning of fundamental water safety and aquatic skills by young children 3-4 years of age. *(Participants Per Class: Min: 3; Max.: 4)*

## **ADULT BEGINNER SWIM LESSONS**

**Ages 18 and up.** No previous water experience is required for this class. Students will work on skills ranging from water adjustment and floating to freestyle, backstroke, breaststroke and elementary backstroke. This class is designed to meet student needs, so skills taught and practiced will vary based on the class.

**Mon/Wed 9:00—9:40 am**

1/9-2/1 #16322    2/6-2/29 #16323

3/12-4/4 #16324    4/16-5/9 #16325

Cost: \$35 with pass (\$45 without pass)